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The SAFE Project is one of the largest ecological experiments in the world. We have plots based in a range of habitats across Sabah and investigate the impacts of tropical deforestation and fragmentation on biodiversity and ecosystem functioning. Both our camp and the main project base, at Maliau Basin Studies Centre, are in remote locations, several hours away from the nearest medical centre. As well as a permanent team of twenty staff, we also have many visiting scientists, who come and work with the project for differing lengths of time. Much of the work we carry out involves trekking into the forest and crossing rivers in sometimes difficult to access areas. We therefore wanted to make sure that our staff were trained to cope with potential medical emergencies, had experience of finding people who had got lost in the forest and, crucially, were able to get patients to medical facilities as rapidly as possible.

The two-day first aid course run by *Fieldskills* was ideal for this. As well as providing our staff with advice and support on how to deal with a very wide range of medical emergencies, the friendly and approachable course leaders also highlighted key potential risks and strategies that could be employed to reduce these. The course combined classroom learning with practical demonstrations, which helped all of our staff to learn and remember first aid strategies. The assessed test and practical, which included a certificate of competence (to UK HSE and QCA standards) on completion gave our staff confidence in their new skills. The SAFE team also completed a one-day search and rescue course with *Fieldskills*. This gave our staff extra information on the best methods to find someone who was lost in the forest, clear guidelines on who to contact and what to record, and finally a practical search and rescue exercise in the forest.

I would highly recommend both of these *Fieldskills* courses. It was clear that everyone got a lot out of them and felt much more confident in dealing with medical emergencies. Many of our staff commented on how much they had enjoyed these courses and how useful they were.

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Ed Turner, SAFE Project Scientific Coordinator